

Useful Links – Local Support:

Organisation	Description	Contact details
One Point	Advice and practical support across all aspects of family life.	Telephone: 03000 261 111 Website: One Point Facebook: One Point County Durham on Facebook
Education and SEND support	Support for children with special educational needs or disabilities.	Telephone: 03000 263 333 Email: epsdurham@durham.gov.uk Website: SEMH services
Humankind	Health and wellbeing support for LGBT young people (15-24 years).	Telephone: 01325 731 160 Website: Humankind
Investing in Children	A children's right organisation, creating spaces to be heard.	Email: info@investinginchildren.net Website: Investing in Children
Rollercoaster Parent Support	Helping parents to support children with mental health issues.	Telephone: 07415 380 040 Email: wendy@rollercoasterfs.co.uk Facebook: Roller Coaster Parent Support on Facebook
DurhamWorks	Supporting 16-24 year olds not in education, employment or training.	Telephone: 03000 262 930 Website: DurhamWorks Facebook: DurhamWorks on Facebook
Recovery College Online	Educational resources for people experiencing mental illness.	Website: Recovery College Online
County Durham Together Hub	Help when self-isolating/how to volunteer.	Telephone: 03000 260 260 Email: communityhub@durham.gov.uk Website: Get help if you're self-isolating
Children's Social Care First Contact	Report a concern about a child's welfare.	Telephone: 03000 267 979 Website: Report a concern about a child
CAMHS - single point of access	Community mental health teams for children.	Telephone: 03001 239 296 Website: CAMHS - single point of access
TEWV - crisis line	24/7 service for people experiencing a mental health crisis.	Telephone: 08000 516 171